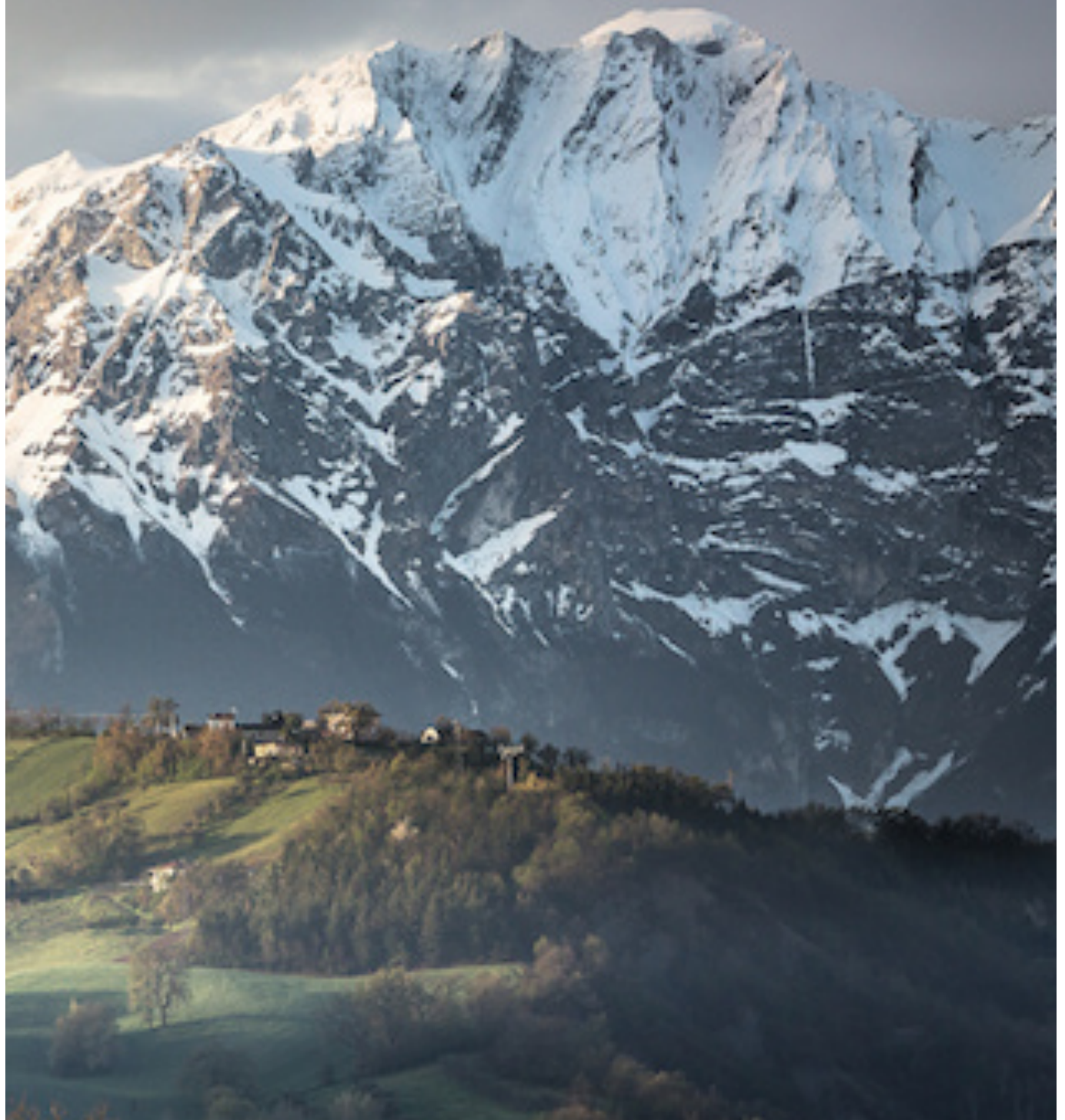


*Gran Sasso &  
Monti della Laga*  
**NATIONAL PARK**



# AT A GLANCE

## NATURE



1+ THERMAL BATHS  
74 HIKING ITINERARIES  
4 SKI RESORTS  
2364 FLORA SPECIES

## GASTRONOMY



2 DOC WINE APPELATIONS  
5 DOP & IGP  
FOOD PRODUCTS

## ART & HISTORY



6 VILLAGES  
1 CASTLE  
22 MUSEUMS  
38 HISTORICAL,  
ARCHITECTURAL &  
CULTURAL SITES  
4 ARCHAEOLOGICAL  
SITES

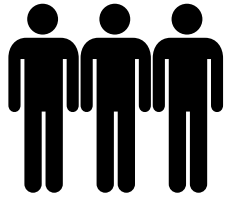
## FESTIVALS & EVENTS

### Gran Sasso Festival (August)

The Gran Sasso Festival includes over 200 events such as tours, workshops and tastings that are organized by local tour operators, associations, farmers, growers and producers to celebrate the highest mountain of the Apennines. Events take place the entire month of August.

# VISITOR PROFILE

## STATISTICS



445,000 VISITORS PER YEAR

## CHARACTERISTICS

FAMILIES

YOUNG ADULTS

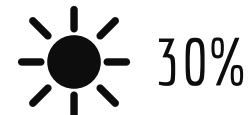
SPORTS ENTHUSIASTS

HIKERS

PHOTOGRAPHERS

HISTORY BUFFS

## SEASONALITY



# Gran Sasso & Monti della Laga

Gran Sasso and Monti della Laga National Park was established in 1991 and has an area of 2,014 square km (778 square mi). The terrain of the park is predominantly mountainous with alpine plains. The park is one of the largest protected areas in Europe and is also one of the most biologically diverse with over 2,600 different flora located in the park.



## LOCATION

Provinces of Teramo, Aquila, Pescara in Abruzzo, Ascoli Piceno in Marche & Rieti in Lazio, Italy

## CLOSEST CITY

Aquila	Ascoli Piceno
Teramo	Rieti
Pescara	Rome

## HOW TO GET THERE?

1 hr 30 mins by Car from Rome  
(130 km)



# Sightseeing

Amiternum was an ancient Italic town founded by Sabines in the second century BC, whose ruins can be found today not far from L'Aquila in Abruzzo. There are considerable remains of an amphitheatre and a theatre which can be visited today.



Rocca Calascio is a mountaintop fortress in the Province of L'Aquila in Abruzzo first built in the 10th century. At an elevation of 1,460 metres (4,790 ft), Rocca Calascio is the highest fortress in the Apennines. To reach the fortress, you can hike a trail from Santo Stefano di Sessanio.

Duration: 1hr

Difficulty Level: Easy



Campo Imperatore, which translates to Emperor's Field is an alpine meadow formed by a high basin shaped plateau located above the Gran Sasso massif, the largest plateau of the Apennine ridge. Known as "Little Tibet", Campo Imperatore is the perfect area to discover by hike in the summer and skiing in the winter.



The Calderone glacier is the only glacier within Apennines mountain range, located in the Gran Sasso d'Italia mountain group. It lies just beneath the Corno Grande, the highest peak in the Apennines. "Il Calderone" is Europe's southernmost glacier. The Calderone glacier should be ascended in late spring, from the end of May to the start of July, when there is winter snow.





# Activities TO DO

Visitors will find various mountain biking trails throughout the park. The mountain bike circuits connects the villages of: Campotosto, Assergi, Santo Stefano di Sessanio, Castelvechio Calvisio, Calascio, Isola del Gran Sasso, Prati di Tivo, Pietracamela, Ceppo and Bussi. Many of the trails surround the Gran Sasso and allow visitors to witness the unique beauty of the park. There are guided tours and a rental service available from June to October.

In the National Park, visitors can look forward to 41 kilometres of slopes found at 4 ski resorts throughout the park. Gran Sasso's ski resorts are some of Italy's oldest and are very popular to this day due to their proximity to Rome.

The history and art of ceramics are rooted in the town of Castelli, in the inland area of Teramo province. During the seventeenth and eighteenth centuries, the town used the surrounding clay hills to create pottery that was appreciated the world over, for its marvellous palettes of yellow, light and dark blue. Courses on how to make Castelli Pottery are offered in the village.

With its 320 km, the Horse Riding Trail of Gran Sasso d'Italia is the longest horse riding trail in Italy. It crosses the territory of 3 Provinces: L'Aquila, Pescara, and Teramo and allows visitors to see all the unique natural features of the park. Guided tours are offered during the spring, summer and fall months.



**MOUNTAIN BIKING**



**SKIING**



**CASTELLI POTTERY COURSE**



**HORSE RIDING**



# Flavours OF THE PARK

Wines produced in the park include Montepulciano d'Abruzzo DOC, Cerasulo d'Abruzzo and Trebbiano d'Abruzzo DOC Producers to visit:

- Cioti di Filiberto Cioti in Paterno, Abruzzo
- Pasetti di Domenico Pasetti in Francavilla, Abruzzo
- Azienda Gentile Vini in Ofena, Abruzzo

Canestrato pecorino cheese is a sheep's milk cheese produced on the slopes of the Gran Sasso mountain. The cheese, has a creamy texture with notes of chestnut.

Producers to visit:

- Coop. Campo Imperatore in Calascio, Abruzzo
- Cherubini Antonio in Villa Santa Lucia, Abruzzo
- Cherubini Domenico in Ofena, Abruzzo

Originating from the province of Campotosto in Abruzzo, this small pork salami is one of Abruzzo's best known food products. It is characterized by the stick of lard placed in the middle visible after cutting it into slices.

Producers to visit:

- Berardi Salumi srl in Campotosto, Abruzzo
- Nonna Ina snc di Goffredo Pandolfi e Ugo Paolini in Campotosto, Abruzzo

Thanks to richness of the wildflowers within the Gran Sasso and Monti della Laga national park, the area is popular for honey production.

Producers to Visit:

- Allevamenti Apistici Tomassi di Pietrangeli Carlo Alberto in Campotosto, Abruzzo
- Primo Franchi in Montorio al Vomano, Abruzzo



**WINES OF THE PARK**



**CASTEL DEL MONTE CANESTRATO PECORINO**



**MORTADELLA DI CAMPOTOSTO**



**ABRUZZI APPENNINE HONEY**





# CONTACT US

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# GUIDED TOURS

The park offers a wide selection of tours for visitors to choose from and reservations can be made over the telephone or booked on-site. Please note that group reservations are limited to 15 guests.

# ACCOMODATIONS

4-Star Hotels	3-Star Hotels	B&Bs
11	36	152
Farm Houses	Camps	Other
91	74	5